



Mastering Menopause: Working Through Menopause with MCAS

THE WORKBOOK

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This workbook is designed for use during the session and as a guide for after the session.

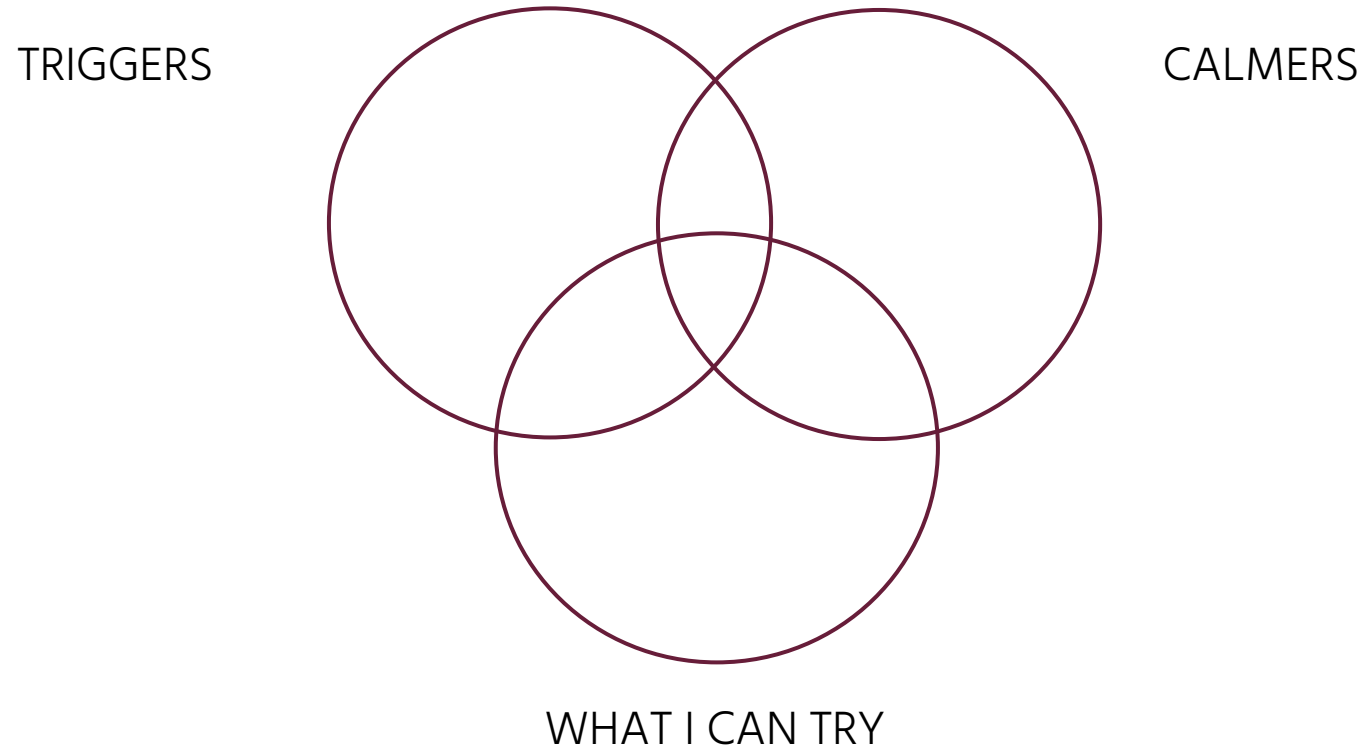
Bring a pen and use the spaces to jot down your thoughts.
Keep it afterwards as a reminder of your reflections and action steps.

Each page is yours to return to any time. Print it out, write on a tablet, or just use it as a prompt in your journal. Go gently. You're doing better than you think.



Exercise 1: Trigger Mapping

What Sparks Your Symptoms & What Soothes Them?



Exercise 1: Trigger Mapping Example

What Sparks Your Symptoms & What Soothes Them?



Exercise 2: Food & Lifestyle Swap Challenge

Write down one Food Swap, one Lifestyle Swap, and one Self-Care Swap. Then circle ONE you will try this week.

Food Swap	Lifestyle Swap	Self-Care Swap
(e.g., aged cheese → mozzarella)	(e.g., HIIT → walk)	(e.g., caffeine → herbal tea)

Exercise 3: Reflection Journalling

Choose one of the prompts below and write freely for 5 minutes.

Writing down your insights increases the likelihood of follow-through. Use these prompts to capture your personal roadmap

Underline one phrase or word that stands out for you

- **What is my body telling me right now?**

- **When do I feel most supported?**

- **What's one small change I can make this week?**

Quick Resets For Your Body & Mind

4-7-8 Breathing

A powerful nervous system reset you can do anywhere.

- Inhale quietly through your nose for a count of 4
 - Hold your breath for a count of 7
 - Exhale completely through your mouth for a count of 8
- ➡ Repeat this cycle 3–4 times.

Why it works: Extending the exhale signals safety to your nervous system, reducing stress and lowering histamine release.

Quick Resets For Your Body & Mind

Accupressure Point

Releases tension and calms the body's stress response.

- Place two fingers just below your collarbone, where you feel a slight dip.
- Press gently but firmly for 5–10 seconds.
- Breathe slowly while holding, then release.

Why it works: This point is connected to calming the chest and nervous system. Simple pressure can shift you out of fight-or-flight mode.

Quick Resets For Your Body & Mind

5-4-3-2-1

A quick way to get out of your head and back into your body.

- 5: Notice 5 things you can see
- 4: Notice 4 things you can feel/touch
- 3: Notice 3 things you can hear
- 2: Notice 2 things you can smell
- 1: Notice 1 thing you can taste

Why it works: This technique brings your brain into the present moment, interrupting spirals of anxiety or overwhelm.

Questions to take to your GP or Specialist

- Example prompts:
 - “How might HRT interact with histamine sensitivity?”
 - “Are transdermal options better for me?”
 - “Which supplements are safe given my symptoms?”
 - “What monitoring should I expect?”

- Space to add your own questions

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